



DEPARTMENT OF THE INTERIOR

INFORMATION SERVICE

UNITED STATES FISH AND WILDLIFE SERVICE

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FOR FOOD EDITORS

WHITING FILLETS FOR JANUARY

Whiting is a lean fish that cooks easily and quickly, whether fried, baked, or broiled. One of the popular forms in which this lean fish can be purchased is as fillets. Fillets are the sides of fish cut lengthwise away from the backbone. They are practically boneless and require no preparation for cooking. They can be purchased fresh or frozen in the handy one-pound consumer package or in the economical five- and ten-pound packages for those who wish to stock their freezers.

The frozen fillets are used quite extensively throughout the eastern half of the United States, particularly in the Middle West where they are featured in fried fish sandwiches.

The home economists of the Bureau of Commercial Fisheries, United States Department of the Interior suggest the following menu for January featuring Pan Fried Whiting or Whiting Birds as the main course for a dinner.

Pan Fried Whiting
or
Whiting Birds

Creamed Peas

Baked Potatoes

Waldorf Salad

Prune Cake

This menu is easy-to-prepare, nutritious, and economical as it is comprised of foods which are plentiful.

PAN-FRIED WHITING FILLETS

2 pounds whiting fillets
1 tablespoon milk or water
Dash pepper

1 egg, beaten
1 teaspoon salt
1 cup dry bread crumbs,
cracker crumbs, cornmeal,
or flour

Combine egg, milk, and seasonings. Dip fish in egg mixture and roll in crumbs. Place fish in a heavy frying pan which contains about 1/8 inch of fat, hot but not smoking. Fry at moderate heat. When fish is brown on one side, turn carefully and brown the other side. Cooking time approximately 10 minutes, depending on thickness of fish. Drain on absorbent paper. Serves 6.

WHITING BIRDS

2 pounds whiting fillets
1 teaspoon salt
Dash pepper
Bread stuffing (Recipe below)

1/4 cup butter or other fat,
melted
3 slices bacon (optional)

Remove skin from fillets. Sprinkle both sides with salt and pepper. Place a small ball of stuffing on each piece of fish. Roll fish around stuffing and fasten with toothpicks or skewers. Place rolls on a well-greased baking pan. Brush top with butter and lay bacon on top of each bird. Bake in a moderate oven, 350° F., for 25 to 35 minutes, or until fish flakes easily when tested with a fork. Remove fastenings. Serves 6.

BREAD STUFFING

2 tablespoons chopped onion
1/4 cup chopped celery
3 tablespoons butter or other fat, melted
1/2 teaspoon salt

Dash pepper
1/2 teaspoon thyme, sage, or
savory seasoning
2 cups soft bread cubes

Cook onion and celery in butter until tender. Combine all ingredients; mix thoroughly. If stuffing seems very dry, moisten with 1 tablespoon water or milk.

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